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SPANNING THE SPECTRUM: A NEW WAY TO SHIFT BETWEEN FOCUS LEVELS

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When we talk about our most exciting meditation experiences, the ones that truly changed our lives, we tend to talk a lot about what we "saw." While visualization is an extremely helpful manifesting tool, and visual journeys aren't to be downplayed, it's also important to recognize that they are not the only type of meditation experience we can have. In fact, there are many types of experiences, and people can always receive important information in a plethora of ways.

For instance, we all know that there are different methods of learning that work better for different people. Some people are kinesthetic and learn best by physically doing a task. Others learn visually, while auditory learners achieve greater results by listening closely to instructions. I feel meditation is very similar. Some of us can have better results if we go on visual journeys while others "receive" information just by knowing. And some people hear as they meditate. The ways in which we can meditate and receive information are endless. With this in mind, how you interpret your meditation can also help with your experience.

What I mean is this: when we hear about the different Focus levels for the first time and get descriptors on them, many people tend to go to a visual place, as it can help the mind label the Focus level and get them there faster. Though, really, from my experiences, Focus levels are truly about where your nonphysical presence is, and not exactly what the Focus level looks like. Visualizing is a great tool; however, for those who have trouble visualizing during meditation, I want to share a piece of advice that was given to me in Exploration 27 this past year that altered the way I view Focus levels.

In Exploration 27, we participated in an exercise called "Spanning the Spectrum," which basically had us shifting in and out of different Focus levels rather quickly. For some

people, this was an easy task. For others, it was much more complicated. Then, our trainer gave us that piece of advice that changed everything for me. She told us to think of going through these Focus levels as turning the knob on a radio to different frequencies. She explained that changing Focus levels could be as easy as just shifting the frequency in which our attention is focused. That shook my world. It was something so simple yet exponentially helpful for me.

These different channels, or Focus levels, are consistently available to us. As we go about our day, we can access them from anywhere and at any time. Our Focus is generally here in C1 waking consciousness, but at any point we can just shift our focus to a different frequency if we know how to do it. So, we can easily shift into Focus 10, 12, 15, etc., by changing where our attention lies on a dial in our heads. It was almost like mentally changing channels to focus on what I'd like to experience.

This thought allowed me to step away from the visualization that I usually do to get from Focus level to Focus level, and instead, had me "feeling" what it was like to just shift my perspective among them. Suddenly, I could feel how these frequencies were different. I could actually "feel" a difference at each level.

I also found that I was able to practice being completely conscious in daily activities while accessing higher states. While going for a walk and paying attention to nature, I would tune in to different Focus levels to see how it felt from a perspective other than just sitting still. And, for me, it seemed that once I really established that connection, I could access it from anywhere at any time no matter the activity I was doing (within reason, of course. Definitely, do not try to meditate or access different Focus levels unless you are in a safe space where you don't need to give your full attention to something else).

I encourage you to try channel-changing. It may not be the tool for you, but if it is, record how you feel at different Focus levels and notice how that shifts your perspective on your meditation.

The greatest thing about our meditation practice is just that—it's ours! We all have our own unique, personal experiences that mean something special to us. What works for me may not work for someone else. So, as you go through the year meditating and focusing on yourself, try to shift your perspective on your meditation and see how changing your view on what you are doing may help you evolve even further in your meditation practice.